

Nutrition Packet

JUNE





Spinach Salad with Strawberry Vinaigrette

INGREDIENTS*

- 1 cup frozen **strawberries**
- 2 Tablespoons honey OR maple syrup
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons **vegetable oil**
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 8 cups fresh **baby spinach**, rinsed and drained
- 1 cup **dried fruit and nut mix**
- ½ -¾ cup feta crumbles OR goat cheese pieces OR **American cheese**, cubed small

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through Tribal FDPIR program in your community.

LINKS:

YouTube: <https://youtu.be/r3aqeQtyYLO>

Instagram: https://www.instagram.com/tv/CNsPL_CH9L-/?utm_source=ig_web_copy_link

Facebook: <https://business.facebook.com/InterTribalCouncilMichigan/videos/788446592098169/>

Download: https://itcmy.sharepoint.com/:v/g/personal/mwillette_itcmy_org/Ee_FvexbNYIBvJdnzy4nfpQBOKAq8DIIKz0hnrVVuqlreQ?e=38wZK2

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Blend strawberries, honey (or maple syrup), apple cider vinegar, vegetable oil, salt, and black pepper together in a blender until smooth.
3. After washing your hands again, divide the spinach between four plates. Sprinkle dried fruit and nut mix and cheese pieces on top of the spinach on each plate.
4. Top with vinaigrette.

NOTES AND IDEAS:

- This vinaigrette could also be made with **frozen blueberries**.
- The extra dressing will keep for one week in the refrigerator.
- 1/4 teaspoon, or more, of poppy seeds could be added to the dressing.
- This salad can be made with any type of lettuce or salad greens.
- Make this salad a complete meal by adding grilled chicken and a serving of cooked whole grains (like **wild rice**, quinoa, brown rice) or a whole wheat dinner roll.

Strawberry Oatmeal Breakfast Bowls (Serves 4-6 people)

INGREDIENTS*

- 1 - 32 oz carton **1% milk** OR 1 1/3 cups **instant nonfat dry milk** mixed with 3 3/4 cups water
- 4 cups **frozen strawberries**, thawed overnight and divided
- 2 cups **rolled, quick cooking oats**
- 1/4 teaspoon salt
- 1 Tablespoon vanilla
- 2 - 4 Tablespoons maple syrup
- Optional Toppings: peanut butter, peanuts, dried fruit and nut mix, dried plums, toasted pumpkin seeds, coconut flakes, chia or hemp seeds, walnuts, pecans, or almonds.

Source: LTBB of Odawa Indians FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food. Measure 2 cups of milk and 2 cups of strawberries into a blender or food processor. Blend the milk and berries until smooth. If you do not have a blender, mash the 2 cups of strawberries with a potato masher.
2. Coarsely mash or slice the remaining 2 cups of berries and set aside.
3. In a large pan, mix the strawberry milk mixture, the remaining 2 cups of milk, oats, and the salt.
4. Bring to a boil and reduce heat to medium-low and cook for 3-4 minutes. The more that you stir, the creamier it will get! Stir in 1 Tablespoon of vanilla.
5. Place a scoop of oatmeal in each serving bowl, top with strawberries and drizzle with maple syrup. Top with optional toppings as desired. Any leftovers will keep in the refrigerator for 2-3 days.

NOTES AND IDEAS:

- This recipe could also be made with fresh strawberries.
- Frozen blueberries would work well in this recipe.
- This breakfast bowl supplies a whole grain, and is a great source of Vitamin C, and fiber.

Make Your Own

You can save money on many foods by making them at home instead of buying them pre-made. When you buy prepared and packaged foods, you pay for the labor and packaging. Make simple foods yourself. Then set a budget to buy items that are more difficult and time consuming to prepare at home.

EASY FOODS TO MAKE AT HOME

Here are ideas for foods to make at home:

SALADS WITH PROTEIN FOODS: Make tuna, egg, chicken, salmon, or shrimp salads for a quick, protein-packed lunch.

SOUPS: Cook a double batch of chicken, vegetable, beef, or bean soup. Freeze some portions for later.

FRUIT SALAD: Pre-cut fruit costs a lot. Instead, buy fruits that are in season and cut them up at home.

VEGETABLES: Avoid pricey, pre-cut vegetables like peeled garlic, sliced carrots, or cubed butternut squash. Prep your own vegetables at home.

SANDWICHES: Many pre-made sandwiches are loaded with high-calorie condiments and more than one portion of lunchmeat. Instead, try these make-at-home sandwiches:

- 2 tablespoons peanut butter with 1 to 2 teaspoons of jelly on whole wheat bread
- 2 ounces deli turkey or ham, with lettuce, tomato, a slice of Swiss cheese, and 2 teaspoons of honey mustard wrapped in a whole grain tortilla or wrap
- 2 slices low-fat American or Swiss cheese with sliced tomato and cucumber and spicy mustard on toasted whole wheat bread
- 2 scrambled eggs, lettuce, sliced tomato, and 1 slice of low-fat cheese on a whole wheat English muffin

MUFFINS: Many packaged muffins are oversized and can contain more than 500 calories. Bake your own smaller and healthier versions at home, such as blueberry, banana-nut, or corn muffins.

SIDE SALADS: Make your own coleslaw, pasta salad, and potato salad. Use no more than 1 tablespoon of oil or mayonnaise per serving to cut back on fat and calories.

MACARONI AND CHEESE: Forget the boxed mixes! Prepare a homemade batch using whole-grain pasta, low-fat milk, and cheese shredded at home.

SALAD DRESSING: Many bottled dressings are loaded with salt and added sugars. Instead, make your own version of balsamic, ranch, or honey mustard dressing.

COOKIE DOUGH: Instead of buying pre-made dough, find an easy recipe that takes minutes to prepare. Freeze the dough in cookie-sized portions so they are ready to bake at any time.

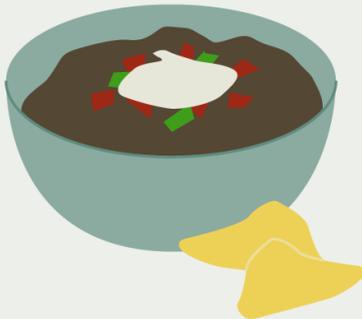
PANCAKE MIX: The ingredients in pancakes are cheap and take just minutes to measure out. You can mix together the dry ingredients (like flour, sugar, and baking powder) ahead of time. Then just add the liquid ingredients, such as low-fat milk, oil, and eggs when you are ready to cook.



RECIPE SITES

Check these sites for budget-friendly recipe ideas:

- Academy of Nutrition and Dietetics: www.eatright.org/food/planning-and-prep
- USDA, SNAP-Ed Connection: <http://snaped.fns.usda.gov/nutrition-education/recipes>
- What's Cooking? USDA Mixing Bowl: www.whatscooking.fns.usda.gov
- American Cancer Society: American Diabetes Association, Diabetes Food Hub: www.diabetesfoodhub.org
- American Heart Association: <http://recipes.heart.org/en>
- American Institute for Cancer Research: www.aicr.org/healthyrecipes
- Feeding America: <http://hungerandhealth.feedingamerica.org/healthy-recipes>



Make Your Own (continued)

GRANOLA: Bake a batch of granola with rolled oats, dried fruits, and nuts. Look for healthy granola recipes using the sites listed here.

TRAIL MIX: Mix dried fruit, unsalted nuts, and whole grain cereal for a quick snack.

APPLESAUCE: Slice and simmer apples in a little water until soft. Then mash or puree the apples into sauce. For more flavor, add cinnamon, nutmeg, allspice, and a small amount of honey or brown sugar.

FLAVORED OATMEAL: Skip the single-serving packets of flavored oatmeal. Instead, buy plain rolled oats and add your own flavors, such as sliced fruit, peanut butter, or brown sugar and cinnamon.

DIPS: Whip up a quick batch of black bean dip or chickpea hummus using canned beans.

POPCORN: In a large saucepan, combine a touch of oil and popcorn kernels to make your own popcorn. Microwave popcorn can be expensive and also can be high in saturated or trans fats and sodium.

Vitamin A

WHAT DOES VITAMIN A DO?

Vitamin A helps with a variety of functions to keep our bodies healthy, such as:

- allowing your eyes adjust to the different levels of light and dark
- supporting cell growth, especially of our kidneys, lungs, heart, and other organs
- boosting the immune system to help us fight infection
- functioning as an antioxidant to help reduce cellular damage in the body

HOW MUCH VITAMIN A DO YOU NEED?

The amount of Vitamin A you need each day is measured in micrograms (mcg) and is frequently listed with the letters RAE following it. This stands for retinol activity equivalent. The RAE is the total amount of Vitamin A the body can use (from any source).

The two most common types of Vitamin A are preformed Vitamin A and beta-carotene, which the body must convert into an active form of Vitamin A before it can be used.

Recommended daily amounts of Vitamin A:

Infants 7- to 12-months old:	500 mcg RAE
Toddlers 1- to 3-years old:	300 mcg RAE
Children 4- to 8-years-old:	400 mcg RAE
Adolescents 9- to 13-years-old:	600 mcg RAE
Males 14-years-old and older:	900 mcg RAE
Females 14-years old and older:	700 mcg RAE

For females who are pregnant or breastfeeding:

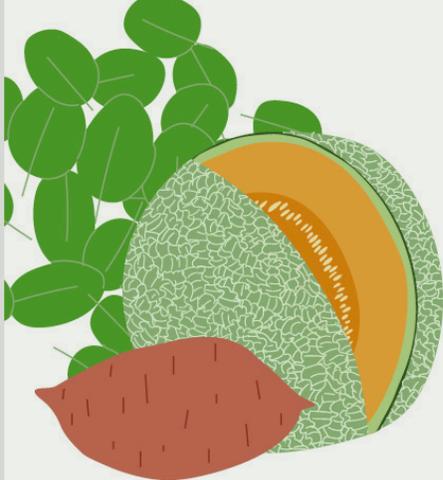
Females 14- to 18-years-old	
during pregnancy:	750 mcg RAE
while breastfeeding:	1,200 mcg RAE
Females 19-years-old and older	
during pregnancy:	770 mcg RAE
while breastfeeding:	1,300 mcg RAE

TIPS FOR GETTING MORE

Preformed Vitamin A is found in products that come from animals, such as milk, beef, or eggs. Beta-carotene is found in plant-based foods, such as vegetables and fruit.

Check the list to find foods that supply Vitamin A. Here are just a few suggestions to help meet your Vitamin A needs with food:

- Add a side of cantaloupe at breakfast with low-fat yogurt or cottage cheese.
- Top your scrambled eggs with low-fat cheese and tomato slices.
- Pack some baby carrots for a lunch-time side.
- Use spinach as the base for your salad at dinner.



HOW MUCH VITAMIN A IS TOO MUCH?

Vitamin A is a fat-soluble vitamin, which means that when a person consumes more than the body needs, it's stored in the fat cells and liver.

When large amounts of preformed Vitamin A are consumed (typically from supplements), it may result in dizziness, nausea, headaches, joint pain, coma, and even death.

High doses of beta-carotene supplements have been linked to risk of lung cancer and heart disease in those who smoke or have a history of smoking. When very large amounts of food sources of beta-carotene are eaten, the skin may develop a yellow-orange color, but this is reversible.

Always check with a health-care provider before taking any type of supplement.

WHAT IS VITAMIN A DEFICIENCY?

Vitamin A deficiency is not common in the United States, but infants, young children, and women who are pregnant or breastfeeding may have a greater risk.

Symptoms of deficiency may result in vision problems, such as night blindness, dry and scaly skin, reduced immune function, stunted growth, diarrhea, and reproductive issues.

Vitamin A (continued)

WHICH FOODS HAVE VITAMIN A?

FOOD	AMOUNT PER SERVING (MCG RAE)
Beef liver, pan-fried, 3 ounces	6,582
Sweet potato, baked in skin, 1 whole	1,403
Spinach, frozen, boiled, ½ cup	573
Carrots, raw, ½ cup	459
Pumpkin pie, commercially prepared, 1 piece	488
Ice cream, French vanilla, soft serve, 1 cup	278
Cheese, ricotta, part skim, 1 cup	263
Herring, Atlantic, pickled, 3 ounces	219
Milk, fat-free (skim), with added Vitamin A and Vitamin D, 1 cup	149
Cantaloupe, raw, ½ cup	135
Peppers, sweet, red, raw, ½ cup	117
Mangoes, raw, 1 whole	112
Ready-to-eat cereal, fortified with 10% of the daily value for Vitamin A, ¾ cup to 1 cup	90
Egg, hard boiled, 1 large	75
Black-eyed peas (cowpeas), boiled, 1 cup	66
Apricots, dried, sulfured, 10 halves	63
Broccoli, boiled, ½ cup	60
Salmon, sockeye, cooked, 3 ounces	59
Tomato juice, canned, ¾ cup	42
Yogurt, plain, low fat, 1 cup	32
Tuna, light, canned in oil, drained solids, 3 ounces	20
Baked beans, canned, plain or vegetarian, 1 cup	13
Summer squash, all varieties, boiled, ½ cup	10
Chicken, breast meat and skin, roasted, ½ breast	5
Pistachio nuts, dry-roasted, 1 ounce	4

Note: Amounts are reported in micrograms of retinol activity equivalents (RAE).

Source: US Department of Agriculture, Agricultural Research Service. FoodData Central, 2019.

Ode'imini Giizis – Strawberry Moon

5TH MOON LESSON – JUNE

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Niibin Ode'imini Giizis Naanan Mitig Wiigwaas Bagaan Bagesaanaatig	Nee-bin Oh-day-ih-mih-nih Geezus Nah-nun Mih-tig Wee-gwahs Buh-gahn Bug-gay-saw-naw-tig	Summer Strawberry Moon Five Tree Birch bark Nuts/Hazelnut Plum Tree

*In the White Earth Indian Community, the 5th Moon is called Strawberry Moon. What is the name for the 5th Moon in your community? Who would you ask to find out?

MITIG (TREE) IS OUR RELATIVE

Nuts & Seeds are packed with:

- Energy
- Protein
- Antioxidants
- Vitamins
- Minerals
- Omega-3 fatty acids



13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation.